

IMEC (Marie Cobel) with "Friends"
November 27, 1985

Session 175: Getting your own answers

Summary: This session is hard to listen to as it will make your ears burn. The Friends have really copped an attitude in this session. There must have been some discussion prior to the session that got Marie upset about information from the Friends being contradictory. The point the Friends make is that we should not believe anyone or anything but know how to get our own answers. Their attitude is to prove a point.

NOTE: The content of this report was created from listening, translating, and analysis by the reporter. It may or may not be present in the transcript.

For you to learn how to get your own answers not to be dependent on an outside source. When Martin confronts the Friends 11:00 on their tone then they say this is an example of how vibration imparts meaning separate from the words themselves. A very effective lesson. Later the lesson is about personal power and the motives of the Friends. This session is very different in method and has a challenging tone which is unusual for the Friends. The experience of listening to or being in the presence of the Friends is how the information is passed along. The information may not be anything that is written down or heard. That to have the information you have to experience the Friends by contacting them and allowing them to speak to you directly. The lesson for today is to understand that the goal of the Friends is for you to have direct communication with them through a knowing. Initially you have a presence which is experiencing life but also this external observer views which watches. Eventually you will realize they are the same, but you no longer identify yourself as the aspects but only as the observer. You will have detached in the manner that you understand the aspects are energies that were given to you to wear like clothing. That the aspects serve a purpose to assist you in having an experience on the Earth plane.

When you become emotionally involved or place too much credibility on any one thing you are setting yourself up for disappointment. Anytime you depend on something its opposite will appear and disappoint you. That which we speak of does not disappoint, it never leaves you. When you treat another with dignity and respect then the aspective energy expects that to be returned. It never gives freely and without expectation. As long as you are dependent on compensation you are trapped by the opposite poles. It is only when you become aware that you are within the prison of the aspects that you can hope to be free of that. If you do not know you are trapped, why would you desire to get free? The point is that seeking guidance from the Friends is not the source of information. You must seek the answers from within yourself. This is the meaning of our guidance. For you to learn how to get your own answers not to be dependent on an outside source.

A lesson in tone is imparted where your aspects will translate information automatically for you no matter what the actual words are that are conveyed. All the trust and truth seem to disappear when the attitude changes. When you get so emotionally involved it makes the message obscure. When one hears sounds, they are open to the

interpretations of the emotions. There are projections and expectations that are placed on the sessions. The sessions are aspective because they are not going to be spontaneous. This is what happens when one tries to study psychic phenomena. It is the true phenomena when the surprise happens, when the aspects least expect it to happen. When the aspects have expectations, it is all prearranged. When you go to do a new creation all the building blocks are already there. In order to have a true experience you have to not know what is going to happen and not to have an expectation that something will happen.

When a new way to experience emotions is presented for example when couples come together to date they flow easily then over time they begin to act more like themselves. The illusion of the aspects and the expectations then fall away.

The same is true for how new information is received. One has to set aside their expectations and realize they will project an illusion on the information that has to be seen through to discover the true understanding. A belief such as "no teacher would say something to upset me." "I must only receive information that I agree with." "I cannot be challenged." If you are never challenged, how will you grow to understand anything else? If something makes you feel angry or love one should thank them for reaching this feeling within yourself. This is great learning that you must examine within to understand not project it out onto the situation. If you accept any of the verbalization that are happening outside, nothing can happen outside that has not already happened inside. But the idea is held that these upsetting things are coming from the outside. If you blame us for your feelings then you are perfect and we are imperfect. You must come to agreement with your intellectual, emotional and physical body with what you agree and what you do not agree. If you say, I agree everything exists from within my being and is being projected outside then it is strange then that a channel comes though and says things that upset you. We are not saying anything about a belief system we are saying watch yourself and notice.

We have often said do not believe; experience. Watch what happens. Watch the power you give to outside forces to make you happy or to make you sad. Your emotional state must come from yourself not some outside source. When you know these things come from within yourself then you will not give any external person place or thing any power over you. Nothing has power over you. Say things like, "A dog kept me awake last night." Or "I was happy until so and so came in and ruined my mood." This is what we want to bring to your attention. That it is important that you regain your personal power. We do not want it. Especially us, the Friends. We have no purpose. That is the only way one can bring you the truth is when there is no purpose. We have no ulterior motive. So we tell you in the best way we can how to free yourself.

Martin: In the past we have spoken about judgement, Yesterday I admit we were hearing a great deal of judgement and intolerance. Are you saying you are not judging us in our intolerance? Answer: "You asked us to best explain to you consciousness and the workings that we are in. You say we are in prison, and we wish to expand our consciousness. You ask us to look and see and we tell you." The Friends say that there is a block from Martin because he keeps focusing on previous things the Friends have said. The point the Friends have is that the information being put forward is not in the words either verbal or nonverbal. It is the acceptance of the information and the flow of

the energy which is the information. 30:00 I think the point is that you can find fault in what the Friends say and to press them on the contradiction (this is a limitation of using language) is missing the point because your aspects are blocking them. Martin, normally a very passive guy, gives up and suggest someone else ask questions. The issue is that going to direct communication through knowing means we, the rest of us, will not be able to follow along in the information exchange because writing it down is aspective and flawed. You can deduce that this is the lesson for today that the goal of the Friends is for you to have direct communication with them through a knowing.

Question: Is it a good practice to speak with the aspects and balance them out? How do we best communicate with them? Marie's aspects have a block with the Friends and seems off now, so Harold speaks about his aspects. The main point is that many aspects combine to make up the person. Whatever you can think of already exists because you can think of it.

As you realize that you do not have to do anything you become free. Free to let the flow happen. You are free to focus on whatever you want. This is when it becomes a physical experience to you. The hardest part is that you identify so deeply with the various aspects and you identify that with "Marie." So as soon as you state who you are you also reinforce that you are your aspects as an emotional body, a mental body and a physical body. In order to stop this process, you have to stop identifying yourself with your past, your emotions, and your expectations or the expectations of others on you.

When you take on this observer quality of your true self then you have the ability to watch the actions of your physical body, emotional body and mental body go through the motions of daily activity. What is meant by being the observer is to watch the aspects in a detached way, then you will become aware of them and understand. Then you can focus your reality by making a choice about what to place your focus upon. The aspects are energies that were given to you to wear like clothing. You were not aware of them so you thought they were you. Because you were not aware of them, they acted automatically. Be careful of what you are saying because much of what you say about your identity is reinforcing the aspective part that you say are you. You realize these are not you so stop saying they are you. You perceive things as being done. You perceive that time passes. Your choice is what aspect to focus on. Agree to whatever is happening is fine. Allow the energies to flow and happen in the order that is natural. Choose your focus and everything will be rearranged around that focus. It sounds too easy to be true but it is how things work best.

When you focus, the other aspects, the body, emotions and mental will experience the steps to get the focus materialized. You will experience the stimulus to tell you what to do to realize the results of your focus. You do not have to worry or judge just be aware of the flow of energy.

Report by Daniel Erickson